

AYURVEDIC MANAGEMENT OF PSORIASIS: A CASE REPORT**Vd. Pramod Pol¹ and Vd. Monali Waghchaure^{2*}**

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ABSTRACT

In Ayurveda, psoriasis is referred to as Kitibha kusht and is a chronic skin disease that is characterised by dry skin, severe inflammation, and papules that are dry and scaly. Since the beginning of time, people have been aware of the skin condition known as psoriasis, which is often confused with allergic dermatitis and seborrheic dermatitis. According to the World Health Organisation (WHO), the prevalence of the disease can be found anywhere from 0.09% to 11.4% across the globe; in India, the prevalence ranges from 0.44% to 2.8%. Psoriasis not only causes the patient's physical health to deteriorate, but it also has a significant negative impact on the patient's quality of life. Psoriasis is a disease that is of great concern because modern medicine can be effective in treating it, but the treatments can also have

dangerous side effects. Even though Ayurveda has shown promise as a treatment for psoriasis, the complex nature of the disease's underlying causes requires a multipronged strategy for managing the condition. The treatment of plaque psoriasis is discussed in this article for a patient who is 41 years old and has erythematous plaques on the anterior surface of his planter surface. The Auspitz sign as well as the Koebner phenomenon pointed to a positive outcome. After a period of thirty days during which the patient followed a vegetarian diet as part of their treatment, remarkable improvements were seen in the patient. The patient was completely cured after a year of treatment, and they experienced no negative side effects during that time. During treatment, photographic documentation was taken with the patient's permission and with the appropriate authorization in place.

KEYWORDS: Psoriasis, *Kitibha*, skin disease.

INTRODUCTION

The condition known as psoriasis gets its name from the Greek word "psora," which literally translates to "itch." It is an autoimmune disorder of the skin that causes an abnormally high production of skin cells.^[1] In spite of the fact that psoriasis is classified as a skin disease, it is actually the result of an abnormal immune system. According to the most recent findings in scientific research, it all begins with an excessive stimulation of white blood cells (T cells) located beneath the epidermis. These T cells are making an attempt to heal a sham injury that is leading to abnormal growth of skin cells. Unpredictably, skin cells begin to accumulate on the surface of the skin prior to maturation^[2], after having unexpectedly risen from beneath the skin's surface. Psoriasis can cause this process to take place in a matter of days, whereas it normally takes about a month to complete. These areas take on the appearance of inflammation and become ruddy in colour with silvery scales. Figure 1 depicts the typical morphology of healthy skin as well as skin that has been affected by psoriasis. People who have a compromised immune system due to a variety of factors, such as cancer, AIDS, or an autoimmune disease, are at an increased risk of developing psoriasis. In addition to this, genetic factors account for between 7 and 36% of its total influence. Psoriasis most frequently manifests itself on the areas of the scalp, face, palms, limbs, and soles of the affected individual's body. Although it can occur at any age, the vast majority of cases are observed in people who are between the ages of 50 and 69.^[4] In addition, it was found that males are more likely to be affected than females; approximately twice as many male cases as female cases were reported.^[5] According to the World Health Organisation (WHO), the prevalence of psoriasis across the globe ranges from 0.09% to 11.4%, but the prevalence in India ranges from 0.44% to 2.8%.^[6] In addition, Mehta et al.^[7] and Kour^[8] have reported that psoriasis is not only causing the patient's physical health to deteriorate, but it is also having a significant impact on the patient's quality of life. In the conventional medical system, skin and joint manifestations can be treated with medications such as methotrexate, corticosteroids, and others; however, the use of these medications for an extended period of time is limited due to safety concerns.^[9] Psoriasis is a disease that is of great concern because, despite the fact that modern medicine is effective in treating it, there are also dangerous side effects. Even though Ayurveda has shown promise as a treatment for psoriasis, the complex nature of the disease's underlying causes requires a multipronged strategy for managing the condition. The treatment of plaque psoriasis is discussed in this article for a patient who is 41 years old and has erythematous plaques on the anterior surface of her legs, right forearm, and neck. The Auspitz sign as well as the Koebner phenomenon pointed to a positive outcome. A vegetarian diet

was prescribed to the patient for the duration of the thirty-day treatment.

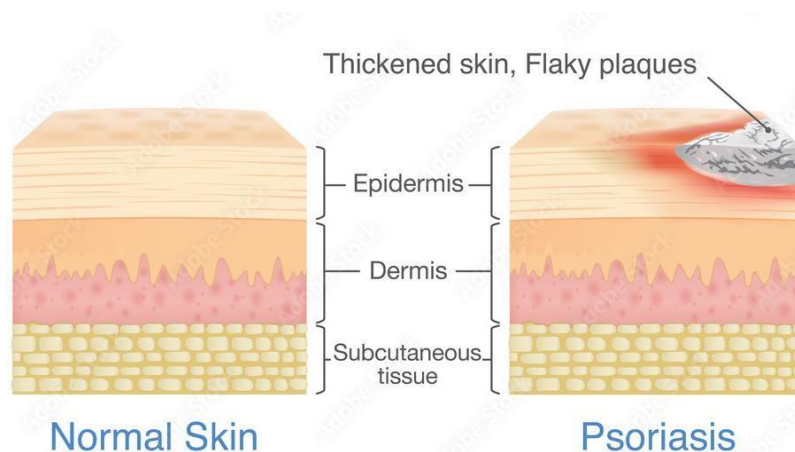


Figure 1. Pictorial comparison of Healy and psoriasis affected skin.^[3]

Objectives

Examine how psoriasis reacts to ayurvedic treatments and report your findings.

Ayurvedic Perspective

Psoriasis, which is also known as Kitibh Kusht, can develop as a result of an imbalance in the Vata, Kapha, Pitta, or Rakta dosha, as stated by Ayurveda. Ingestion of foods that are incompatible with one another, as well as the accumulation of toxins, are two of the fundamental energies or humours that are required for the maintenance of our bodies' natural state of equilibrium. This is in addition to a number of other factors that play a role in this requirement. These two factors are both contributors to the buildup of toxic substances. The accumulation of doshi vishas, which are poisons of low intensity and are responsible for the primary changes that occur in the system during this time, is one of the primary changes that take place. These doshi vishas are responsible for the primary changes that take place in the system. Inappropriate dietary practises, the consumption of food items that should not be consumed together (for example, dairy products with fish), excessive consumption of yoghurt, dark grame, fish, harsh and salted things, and other factors like these can all contribute to the activation of the pathogenesis. Other factors like these can also play a role in the activation of the pathogenesis. In addition to these factors, the development of the condition may also be caused by others such as these. Within the context of this scenario, the use of tobacco and the consumption of alcoholic beverages will function as a catalytic agent. When it comes to the treatment phase of psoriasis, Ayurveda places a significant emphasis on the impact that anxiety and stress have on the condition. This is because anxiety and stress are

known to aggravate psoriasis symptoms. In addition, Ayurveda attributes this illness to a condition known as Ekkushtha. In light of the patient's signs and symptoms, which included a reduction in sweating (Asweda), extensive skin lesions (Mahavastu), scaling of the skin that resembles fish scales (Matsya shakalopama), pink discoloration (Aruna varna), and darkening of the part (Krishnavarna), etc., an ayurvedic treatment was administered to the individual.

Material and methods Case Presentation

A 41 years old Male consulted in the Outpatient Department of *Kayachikitsa*, YMT Ayurvedic Medical College-Hospital, Kharghar, Navi Mumbai.

Chief Complaint

- Silver scaling has covered some of the patches (plaques).
- Itchy rashes and hives
- Inflammation of the skin on the trunk, the forehead, and the neck.
- Low self-esteem in addition to the symptoms of depression

Patient history

- The patient was diagnosed Plaque psoriasis for last 5 years and having modern medication(Immunosuppressant)
- Patient had DM II and HTN since 4 years
- Auspitz and Koebner were found positive. Nail bed and psoriatic arthritis were present.
- Allergy: Allergic to dust and lentils,
- Family history: None
- Physical history: Trouble sleeping and difficulty performing daily tasks are symptoms of this condition.
- Diagnosis : Planter Psoriasis

Examination of Patient General Physical Examination

- Pulse: 72/min
- BP: 110/70 mmHg
- Weight: 68 Kgs
- Stool: Satisfactory
- Urine: 2-3/Day No nocturia Present

Ashtavidha pariksha

- *Nadi* : 72 bpm, reg. *Vatapaitik*
- *Mala* : Samyak
- *Jihva- Saam*
- *Shabd* - aspasht
- *Sparsh*- Anushan shit
- *Drika- Prakrut*
- *Akriti*- Madhyam

Systemic Examination

- CVS – S1/S2, Heard
- CNS – Conscious and well oriented
- RS – AEBE and Clear
- P/A: Soft and Non-tender

Investigations**RTPCR for COVID-19 – NEGATIVE****Rapid Antigen Test – NEGATIVE****IGE – 600*****Treatment*****Table 1: Ayurvedic Treatment details.**

<i>Sr No.</i>	<i>Treatment Given</i>	<i>Dose</i>	<i>Anupaana</i>	<i>Days</i>
1.	<i>Gandhak Rasayan (250mg)</i>	<i>2 tablets thrice a day</i>	<i>Luke warm water</i>	<i>16 days</i>
2.	<i>Arogyavardhini vati (250mg)</i>	<i>2 tablets thrice a day</i>	<i>Luke warm water</i>	<i>16 days</i>
3.	<i>Amrut Rajnyadi Kashay</i>	<i>40ml thrice a day</i>	<i>Luke warm water</i>	<i>16 days</i>
4.	<i>Vajrak Ghritam for local Applica</i>	<i>Local Application Daily Twice</i>	-	<i>16 days</i>

RESULT AND DISCUSSION

As was mentioned earlier, the cause of Kitibh Kusht is an imbalance in the four doshas of Vata, Kapha and Pitta. In addition, this disorder can also be brought on by Aam-nirmiti, which is brought on by Strotorodhjanya Vat-prakop and is discussed further under the heading Samprapti. Agni-dushsti, which includes Jatharagnimandya and Dhatvagnimandya, and Doshasanchay, which includes Kapha and Vata, are the distinguishing characteristics of Rasa-Raktadi Dhatu nirmiti, which leads to Oaj-Kshaya. In today's parlance, the term "Aam-

Sanchay" refers to a phenomenon that allegedly takes place in the cell membrane and results in an antigen-antibody reaction that attacks our own cells, similar to how autoimmunity manifests itself.

It was determined that a course of ayurvedic treatment would be most beneficial in terms of enhancing one's immunity. The treatment removes any and all toxins from the patient's body and returns their metabolism to its pre-treatment state. Both the sansargaj and the sannipataj vikara contain a description of the basti indication that was provided by Sushruta. Matra basti, which is included in the Vajrak Ghrit, is the technique that has proven to be the most successful in treating kushtha, a condition that causes symptoms to appear all over the body. The process of basti was carried out with tiktarasatmaka dravyas so that we could gather information for this investigation. Deepak, pachak, and kaphaghna are the three dravyas that make up the tikta rasa pradhan. Tikta rasa has the qualities of lekhana and vishaghna, and it is destructive to kleda, vasa, majja, lasika, and pooya. In addition to swedaghna, kandooghna, kushthaghna, and dahprashlnana, sthirikarana is one of the effects that Tika Rasa has on the skin. Vajrak Ghrit was successful in bringing about the desired outcomes in Kitibh Kusht, as can be seen from the treatment results (Table 2). This was a consequence of the fact that the aforementioned. In addition, the antimicrobial and anthelmintic properties of Gandhak Rasayan, in conjunction with the blood purifier and immune-modulator properties of Mahamanjishtadi Kwatha, are beneficial in the treatment of scaly skin. In addition, Arogyavardhini vati and Maharasanadi Ghanwadi were recommended to be taken as an anti-inflammatory drug, and the effects of these medications can be seen in the after-treatment photographs.



Figure 1: After treatment effect on: (a) feet, Planter Psoriasis.

CONCLUSION

Psoriasis has made a sizeable contribution to the overall state of human health. It is abundantly clear that the effects that it has on one's mental health are significantly more detrimental than the effects that it has on one's physical health. The human body therefore has the potential to become a breeding ground for other diseases. Ayurvedic medicine has been demonstrated to be more effective in situations like these. In the case at hand, it is clear from the photographs that the ayurvedic treatment that was performed has resulted in remarkable improvements. The patient may be cured to the extent that the risk of developing additional conditions, such as psoriatic arthritis, may be avoided thanks to the treatment, despite the fact that the treatment cannot completely reverse the negative effects.

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